

WEIGHT CONTROL AND NUTRITION

Overweight adults:

- In 1997 and 1998, 51% and 52% of adults, respectively, were at risk for being overweight according to the new Body Mass Index (BMI) classification of overweight (i.e., BMI ≥ 25). (According to the old classification for overweight used for Healthy People 2000 Objective 1.2 listed below, 28% (+/-2%) and 30% (+/-2%) of adults 20 and older were overweight in 1997 and 1998, respectively).
- From 1990 to 1998 there was a significant increase in the prevalence of overweight among Montana adults.
- Males (61%) were significantly more likely to be overweight than females (43%).
- Adults in the 45 to 64 age class were more likely to be overweight (61%) than any other age group, while significantly fewer 18 to 29 year olds (38%) were overweight.

Note: Body Mass Index (BMI) is used to indicate overweight. BMI is a ratio of weight to height [kg/m^2 or $(\text{lbs.} \times 700)/\text{in.}^2$]. Previously, overweight was defined as a BMI ≥ 27.8 for males and ≥ 27.3 for females. This is the standard used by Healthy People 2000. The BMI standard for overweight was recently changed by the National Heart, Lung, and Blood Institute (1998) to a BMI ≥ 25 for both sexes.

Are you trying to lose weight?

- In 1998, 35% of adults were trying to lose weight.
- Females (45%) were significantly more likely than males (25%) to report that they were trying to lose weight.
- The percentage of people reporting they were trying to lose weight tended to increase with age until aged 65 and older.

Do you eat fruits and vegetables five or more times per day?

- In 1998, 24% of Montana adults reported eating at least five servings of fruits and vegetables a day. There was essentially no change in consumption from 1994 to 1998.
- Significantly more females (29%) than males (18%) said they were eating fruits and vegetables five or more times a day.
- Those adults aged 65 and older seemed to consume more fruits and vegetables than the younger age groups.
- College graduates were more likely to reach the recommended intake of fruits and vegetables than adults with less than a college degree.

Healthy People 2000 Objectives:

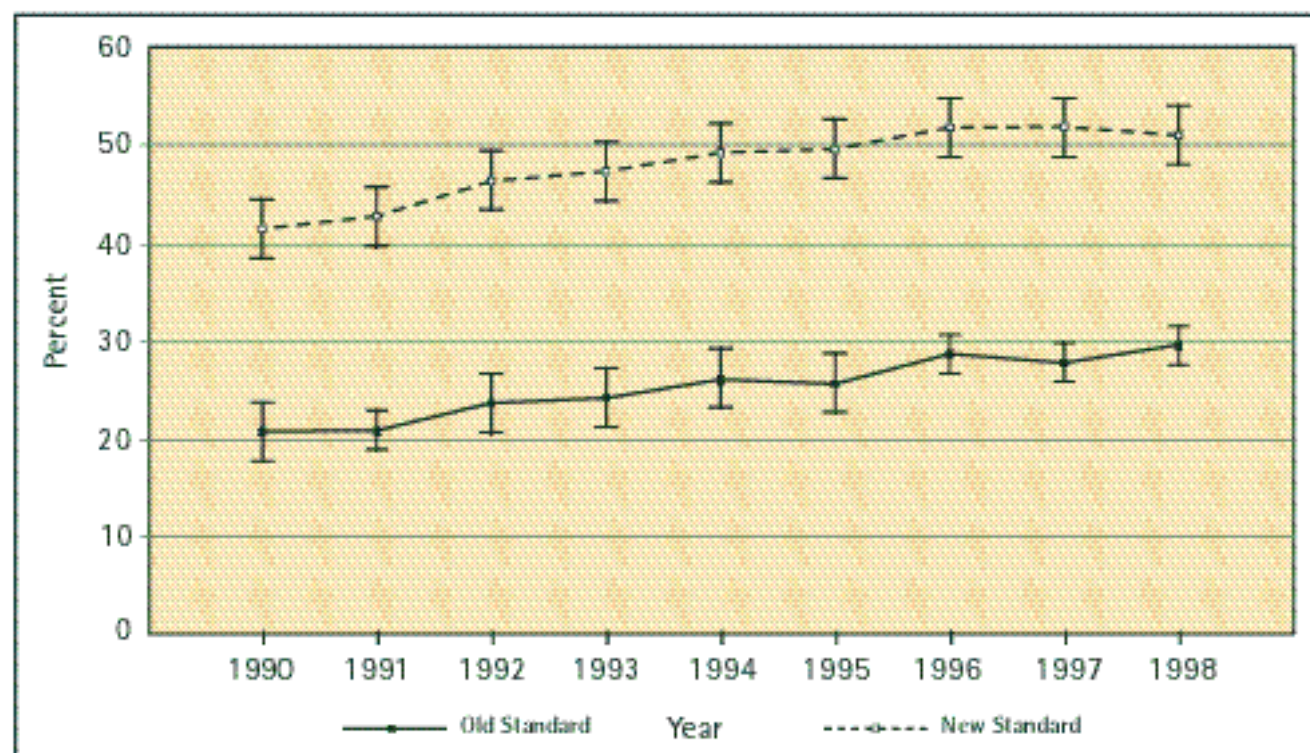
- 1.2 Reduce overweight to a prevalence of no more than 20 percent among people aged 20 and older.
- 16.8 Increase complex carbohydrate and fiber-containing foods in the diets of adults to five or more daily servings of vegetables (including legumes) and fruit and six or more daily servings for grain products.

Table 5. Weight Control and Nutrition, Montana Adults, 1997 and 1998 (with 95% confidence intervals).

	Overweight*				Trying to lose weight				Eat fruits & vegetables 5+ times per day			
	Total No.	No.	%	CI (+/-)	Total No.	No.	%	CI (+/-)	Total No.	No.	%	CI (+/-)
All Adults:												
1997	1743	888	52	(3)								
1998	1729	875	51	(3)	1802	629	35	(2)	1794	434	24	(2)
Combined	3472	1763	52	(2)								
Sex:												
Male	1528	924	61	(3)	786	190	25	(3)	780	142	18	(3)
Female	1944	839	43	(2)	1016	439	45	(3)	1014	292	29	(3)
Age:												
18 - 29	598	220	38	(4)	313	95	29	(5)	312	84	26	(5)
30 - 44	1088	545	51	(3)	547	195	36	(4)	548	112	20	(4)
45 - 64	1032	616	61	(3)	552	236	42	(4)	548	122	21	(4)
65+	751	381	53	(4)	387	102	29	(5)	383	115	31	(5)
Education:												
<High School	345	180	55	(6)	179	51	29	(7)	176	32	19	(6)
High School	1133	599	54	(3)	600	210	35	(4)	597	103	16	(3)
Some College	1053	536	51	(3)	548	194	36	(4)	546	137	26	(4)
College Degree	938	446	49	(7)	474	174	37	(5)	474	162	35	(5)
Income:												
<\$10,000	168	86	50	(8)	80	26	33	(12)	80	17	23	(12)
\$10,000 - \$19,999	550	275	51	(5)	291	97	32	(6)	289	57	19	(5)
\$20,000 - \$34,999	958	474	50	(3)	464	153	33	(5)	464	102	21	(4)
\$35,000 - \$49,999	548	292	54	(5)	263	111	43	(7)	263	69	26	(6)
\$50,000+	493	270	56	(5)	267	108	39	(6)	267	68	26	(5)
Race:												
White, non-Hispanic	3235	1629	51	(2)	1679	586	35	(2)	1672	407	24	(2)
Non-white or Hispanic	228	127	59	(8)	119	41	36	(10)	118	26	18	(7)
	* Overweight = BMI 25											

When data from 1997 and 1998 were available, 2 years of data were combined for subpopulation estimates.

Figure 3. Montana Adults Who Are Overweight According to Body Mass Index, 1990-1998.



Old overweight standard: male = BMI ≥ 27.8 and female = BMI ≥ 27.3

New overweight standard: male and female = BMI ≥ 25

Figure 4. Weight Loss and Fruit and Vegetable Consumption by Montana Adults, 1991-1998.

